

The value of walking

New research reveals that walking just 9.5 kilometers (six miles) a week may **(0)** your brain sharper as you get older. Research published in the October 13 online issue of *Neurology* **(1)** that walking may protect aging brains from growing smaller and, in **(2)** , preserve memory in old age.

'Brain size shrinks in late adulthood, which can **(3)** memory problems,' study author Kirk Erickson of the University of Pittsburgh said in a news release. 'Our findings should encourage further well-designed scientific **(4)** of physical exercise in older adults as a very **(5)** approach for preventing dementia and Alzheimer's disease.' For the study, the team asked 299 dementia-free seniors to record the **(6)** they walked each week.

Four years later, the participants were tested to see if they had developed **(7)** of dementia. Then after nine years had passed, scientists **(8)** the participants' brains to measure size. At the four-year test, researchers discovered subjects who walked the most had **(9)** their risk of developing memory problems by 50 per cent. At the nine-year checkpoint, those who walked at least 9.5 kilometers a week, had brains with a larger **(10)** than those who didn't walk as much.

This is not the first study to **(11)** the benefits of walking in seniors. For example, last spring, Harvard University found that women who walked regularly at a **(12)** pace had an almost 40 per cent lower risk of stroke.

- | | | | | |
|----|--------------|-------------|-------------|------------|
| 1 | A informs | B provides | C suggests | D notifies |
| 2 | A result | B turn | C sequence | D case |
| 3 | A account | B lead | C set | D cause |
| 4 | A trials | B attempts | C searches | D courses |
| 5 | A indicative | B promising | C fortunate | D ideal |
| 6 | A distance | B length | C duration | D extent |
| 7 | A signals | B factors | C signs | D features |
| 8 | A skimmed | B scanned | C screened | D sounded |
| 9 | A depressed | B declined | C reduced | D dropped |
| 10 | A volume | B amount | C dimension | D quantity |
| 11 | A advertise | B promote | C respect | D admire |
| 12 | A brisk | B hard | C crisp | D brief |

My perfect weekend

Each week we ask a famous person to tell us about their ideal weekend. This weekend it's the turn **(0)** actress, Laila Rouass.

(13) would I spend the perfect weekend? Well, on Sundays I like **(14)** better than to hang out in Shoreditch around Brick Lane. When I was younger I'd go there more or **(15)** every weekend with my parents; we'd go to the market and have lunch from a food stall and it's still as crazy and quirky as it **(16)** to be when I was a kid. I always have **(17)** good look around the bric-à-brac shops. I love the second-hand furniture they sell though I **(18)** ever actually buy anything.

I'm not **(19)** of those people who escape to the countryside at weekends. If we went anywhere, it would **(20)** to Morocco, where I spent a large part of my childhood. My parents are from there and I now own a farm near Tangiers. I love it: it's so quick and easy **(21)** get to – just a three-hour flight from London and a two-hour time difference but as **(22)** as you step off the plane, you're in a different world. You're in Africa and nowhere else has **(23)** a lively café culture as there is in Morocco.

When I was younger I'd go out clubbing every weekend **(24)** I can't remember the last time I went dancing. On the rare occasions that we do go out, it's usually to Home House, a club in London. I joined a few years **(25)** because I really like the atmosphere.

But more often than not I just don't feel **(26)** going out. I've got a reputation for arranging things with my girlfriends and **(27)** sticking to them. They end up coming over to mine and watching a movie.

The smell of New Zealand birds

New Zealand's native-bird body odour is so strong, it's alerting predators to the birds' (0) , ongoing research shows. The smells may drive some species to (28) Many bird scents stem from a gland that produces waxes (29) to keeping feathers healthy. In Europe and the Americas, birds' bodies alter this wax during the (30) season. During this period the wax's (31) changes in a way that reduces smells and keeps the birds' nests less (32) by predators that use their noses to find food. Native New Zealand birds did not do this and their smells are remarkably (33) Scientists say they have a (34) that New Zealand's birds may be so pungent largely because they were able to get away with it for so long. Native birds never had to mask their scents to improve their (35) chances. But things eventually changed when rats and cats were introduced into the islands. (36) of the nests was easy for animals with such good noses. Now many Native New Zealand birds are listed as (37) by conservation organisations. One solution might be to put some kind of deodorant into the smelly nests in order to prevent predators finding them.

PRESENT

EXTINCT

ESSENCE

BREED

COMPOSE

DETECT

PLEASE

SUSPECT

SURVIVE

COVER

THREAT

- 38 Sandy was on very good last night, entertaining everyone with stories of his travels.
Swimming is a very good of exercise for all ages.
You must fill in the with a black pen.
- 39 The tour will about six hours in all.
The students had to notes while the lecturer was speaking.
I think it's time to a break now, don't you?
- 40 It's hard to spend so much time studying now but it'll pay off in the long
Poor Tina has had a of bad luck recently.
I think the new manager is likely to the company in a very different way.
- 41 I like Pete but there is a side to his character.
Margot was wearing a beautiful blue dress.
If I were you, I wouldn't leave the house after
- 42 In of work, Mark is settling down very well in Melbourne.
Henry told Alex in no uncertain what he thought of his work.
Under the of our contract we are not allowed to have any pets in our flat.

- 43 What would you have done differently in my position last year?

SHOES

What would you have done differently if last year?

- 44 Surely you should have informed him about the problem sooner?

ATTENTION

Why didn't you sooner?

- 45 We need to decide how we're going to go to the theatre.

DECISION

We need to get to the theatre.

- 46 Jane loves New York now but it seemed a strange place to her for several months after she moved there.

USED

It took Jane several months New York.

- 47 It's important to defend what you believe in when others express their doubts.

STAND

You must when others express doubts about them.

- 48 The judge told the jury that they should remember how young Smith was when considering their verdict.

ACCOUNT

The judge told the jury when considering their verdict.

- 49 I imagine Paul missed the train he usually gets as he isn't home yet.

USUAL

Paul can't or he'd be home by now.

- 50 What I do in my free time has got nothing to do with my boss, has it?

BUSINESS

What I do in my free time , is it?